

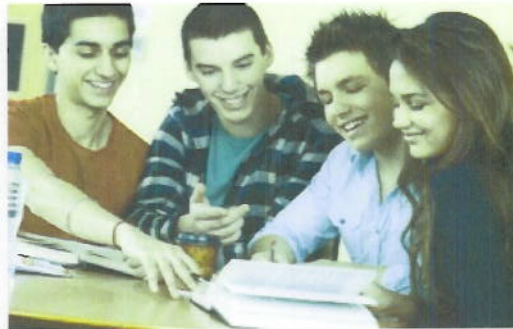
# Ultimate Autism Guide

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## Autism News: Research Looks at Efficacy of UCLA PEERS Social Skills Program

August 23, 2011 by [Ultimate Autism Guide](#) [Leave a Comment](#)

### Autism News Update:



#### Research Studies Efficacy of PEERS Program for Development of Social Skills in Autistic Adolescents and Retention of Learned Skills

Several strategies have been employed to help autistic adolescents develop important social skills. One of these is the [Program for the Education and Enrichment of Relationship Skills \(PEERS\)](#). A recent study attempted to determine how effective the PEERS program is at helping high-functioning autistic teens learn social skills. It also attempted to determine if the skills learned were maintained by the participants. The findings of the research were published in an article titled [Evidence-Based Social Skills Training for Adolescents with Autism Spectrum Disorders: The UCLA PEERS Program](#).

The study found that PEERS resulted in the participants engaging in an increased number of interactions with their peers. The results also showed a decrease in the number of autistic mannerisms displayed during social interactions. The research also showed significant improvements in the PEERS program participants in the following areas:

- Assertion
- Cooperation
- Responsibility
- Social Awareness
- Social Cognition
- Social Communication
- Social Motivation
- Social Skills Responsiveness
- Social Skills Knowledge

In addition, assessments through teacher evaluations demonstrated significant improvements in assertion and social skills from pre-assessment to the follow-up assessment.

Finally, the research also found that the improvements listed above were maintained in nearly every category. The participants also experienced additional improvements at a follow-up evaluation 14 weeks later.

The article was published on August 20, 2011 in the Journal of Autism and Developmental Disorders.